



**IF YOU SUSPECT A LOVED ONE,  
A FRIEND, A CO-WORKER, OR YOU  
MAY BE STRUGGLING WITH AN ADDICTION,  
GET CONNECTED, GET ANSWERS**

**YOU ARE NOT ALONE**

**CALL 211 FOR INFORMATION  
ABOUT TREATMENT OPTIONS**

**BECAUSE**

**TREATMENT WORKS!**

## **KNOW THE SIGNS!**

**BREATHING: SLOW,  
SHALLOW OR STOPPED**

**BLUE LIPS & FINGERTIPS**

**PALE, GRAY, CLAMMY SKIN**

**LOUD SNORING OR GURGLING NOISE  
("DEATH RATTLE")**

**PERSON IS UNRESPONSIVE**

**SLOW PULSE/NO PULSE**

**VOMITING**

# **TAKE ACTION**

## **1. GET THEIR ATTENTION**



Shake the person and yell, "Hey, are you OK?"  
Rub your knuckles up and down their  
breast bone.

## **2. CALL 911**



Tell the dispatcher your location and the  
person's symptoms. Stay on the line until  
the ambulance arrives.

## **3. RESCUE BREATHING**



Make sure nothing is in their mouth. Tilt the  
head back. Lift chin. Pinch nose. Give 1  
breath every 5 seconds.  
If no pulse, start chest compressions.

## **4. GIVE NALOXONE**



Give Naloxone as trained either as a shot or  
nasal spray.

## **5. PLACE IN RECOVERY POSITION**



If you have to leave the person alone, put  
them on their left side and place their  
hands under the head. This will prevent them  
from choking on vomit.



## WHAT ARE OPIOIDS?

WHEN NOT USED AS PRESCRIBED, PRESCRIPTION DRUGS CAN BE AS DANGEROUS AS ILLEGAL DRUGS.

### OPIOIDS INCLUDE:

- **OXYCODONE** (OXYCONTIN<sup>®</sup>, PERCOCET<sup>®</sup>, OR ROXICODONE<sup>®</sup>)
- **OXYMORPHONE** (OPANA<sup>®</sup>)
- **HYDROMORPHONE** (DILAUDID<sup>®</sup>)
- **HYDROCODONE** (VICODIN<sup>®</sup>, LORTAB<sup>®</sup>, NORCO<sup>®</sup>)
- **MORPHINE, CODEINE, BUPRENORPHINE, FENTANYL, METHADONE**
- **HEROIN**

## WHAT IS AN OPIOID OVERDOSE?

AN OPIOID OVERDOSE HAPPENS WHEN A TOXIC AMOUNT OF AN OPIOID - ALONE OR MIXED WITH OTHER OPIOIDS, DRUGS AND/OR SUBSTANCES - OVERWHELMS THE BODY'S ABILITY TO HANDLE IT.

THE OPIOIDS SUPPRESS A PERSON'S ABILITY TO BREATHE, WHICH CAN LEAD TO LOSS OF CONSCIOUSNESS, COMA, AND ULTIMATELY DEATH.

## WHO IS AT RISK OF AN OPIOID OVERDOSE?

THOSE WHO HAVE BEEN PRESCRIBED HIGH DOSES OF OPIOID MEDICATIONS

THOSE WHO MIX OPIOIDS WITH OTHER DRUGS, PARTICULARLY ALCOHOL OR SEDATIVES

THOSE WHO USE ALONE - USING WITHOUT OTHERS PRESENT RAISES THE RISK OF DEATH IF AN OVERDOSE OCCURS

THOSE WITH SERIOUS MEDICAL PROBLEMS

THOSE WHO HAVE OVERDOSED BEFORE

THOSE WHO HAVE RESUMED USE AFTER A PERIOD OF NO USE, SUCH AS THOSE RECENTLY RELEASED FROM DRUG TREATMENT OR A CORRECTIONAL FACILITY

**BE A  
SAVE A LIFE  
HERO**



Martin O'Malley, Governor  
Anthony G. Brown, Lt. Governor  
Joshua M. Sharfstein, M.D., Secretary, DHMH



Substance Use Disorders in Maryland  
[adaa.dhmh.maryland.gov](http://adaa.dhmh.maryland.gov)

**BE A  
SAVE A LIFE  
HERO**

**TAKE ACTION**

**KNOW THE SIGNS**

**WHAT TO DO**

**OPIOID  
OVERDOSE**